



Feeding Your Toddler

Good nutrition is important for your child's health. This card will help you choose the foods your child needs to grow healthy.

- Serve a variety of foods each day.
- Your child will want to eat what you eat. Set a good example by eating healthy yourself.
- Offer a meal or snack every two to three hours.
- Have meals and snacks around the same time every day.
- At mealtime, serve your child small portions of what the family is eating. Let your child decide whether to eat and how much. Don't expect him to clean his plate.
- Sit at the table and eat meals together as a family. Turn off the TV.
- Be patient – children can be messy eaters.
- Children eat more on some days than others. Don't worry if your child skips a meal or doesn't eat much.
- Keep serving new foods even if your child does not eat them.
- It is normal for children to eat less after the first year. They are not growing as fast.
- Have your child off the bottle by 14 months of age. You can do this by offering a cup at meals and snacks.
- Do not use food to reward, bribe or punish your child.

Sample Menu

Breakfast	hot cereal, milk
Morning Snack	graham cracker, yogurt, water
Lunch	sandwich, green beans, banana, milk
Afternoon Snack	dry cereal, orange juice
Dinner	chicken, cooked carrots and broccoli, plain noodles, milk
Bedtime Snack	animal crackers, milk

What Your Child Needs To Drink

- Your child needs about 2 cups of milk a day.
- Limit juice to 4 ounces a day.
- Give your child water between meals and snacks.

Some foods can cause choking. Foods to avoid:

- Nuts, seeds, hard candy
- Popcorn and chips
- Round pieces of food such as grapes, raw carrots or hot dogs

How Much Food for a Toddler?

Offer one to two tablespoons of each kind of food. Let your child ask for more. Watch for signs of fullness.

Food Group	Daily Servings	Tips
Bread, Cereal, Rice, Pasta	6	Choose whole-grain breads and cereals.
Fruits	2	Choose fruits and juices without added sugar.
Vegetables	2	Offer a variety of colorful vegetables.
Milk, Yogurt, Cheese	4	Use whole-milk products until your child's second birthday.
Meat and Beans	2	Other foods included in this group are fish, poultry, peanut butter and eggs.



WIC Because
You Care

North Dakota WIC Nutrition Program
 North Dakota Department of Health
 600 E. Boulevard Ave.
 Bismarck, ND 58505-0200
 800.472.2286

